The Lions' Pride

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Local Fruit Stand Closes After More Than a Decade

By James Macdonald
Contributing Writer

Photo Courtesy of James Macdonald

Finkelstein single-handedly owned, operated, and managed the Lake Jovita Fruit & Produce Market.

After 15 years of fresh fruits, vegetables, and honey to the Saint Leo, San Ann, and Dade City communities, the Fruit Stand near the corner of State Road 52 and Pompamic has closed.

Eating healthy is not the easiest thing to do on a college campus, so finding a wide variety of fruits, vegetables, jellies, and jams at the Lake Jovita Fruit & Produce Market, just past the Marmion-Snyder dorms was great.

Managed for the past four years by Saint Leo local Brenda Finkelstein, the market had provided locally grown produce to students and faculty for the past 15 years. The Schrader family, who dealt with lumber and peaches, owned the land until they sold it last year to the Saint Leo University. The University has begun construction on parts of the land, but serves as Finkelstein's landlord.

"When they have figured out something to do with the land they will let me know with enough time," Finkelstein said. "They have been very good landlords; they have been very kind."

Finkelstein ran the stand by herself. She bought most of her produce from local growers, such as Schrader, but when she could not find certain goods she bought from the Plant City farmers market. One of her products, Doti's Jellies, was produced locally and all of the proceeds were donated.

"Doti's Jellies was a fundraiser for making strides against breast cancer," said Finkelstein. "This is real jelly. This is how jelly is supposed to be."

Other popular canned goods were the fruit butters made by another partner. These butters are made with only real fruit, sugar, and water. The same partner also sewed handmade aprons, purses, and sundresses for girls.

One of the store's hottest commodities was the Queen Kathleen honey. This honey was produced in Dade City by a local beekeeper and is very popular in this area, but most of what Finkelstein sold was locally grown, vine-ripened tomatoes.

"Often when you go to a supermarket you get a beautiful red tomato that looks perfect," she said. "Essentially, that is a tomato that is picked green."

"All fruits and vegetables have a natural decay process, they put off a gas. That gas, if it's around other fruits and vegetables, helps ripen it. It's part of the decaying process, it's normal."

She explained that vine-ripened tomatoes mature naturally and are picked only when red. They sell so quickly that she has to pick up more from her supplier every day.

Finkelstein said most of her business came from snowbirds and students.

"When you go and they go, I feel it," she said.

One such student is Senior Caite Graves. Graves visited the produce market once a month and bought avocados.

"One time, I really needed something fast between class and she had these already ripened avocados ready for me and she actually had some plastic silverware to give to me so I could eat it," said Graves.

Finkelstein offered a ten percent discount on purchases of all produce and honey to students, faculty, and staff from Saint Leo University. The fruit stand accepted cash, but credit and debit purchases had to exceed five dollars. The market was open from 10a.m.—6p.m. Monday through Saturday and from 11a.m.—5p.m. on Sunday. Finkelstein closed the stand on Christmas, New Year's Day, and Thanksgiving.

With help from Amber Fink, Advertizing Manager

Photo Courtesy of James Macdonald

The fruit stand provided students, faculty, and staff with healthier eating options.

Photo Courtesy of James Macdonald

Doti's Jellies were produced locally with profits promoting breast cancer research.

Campus News

The State of the DNC

By Brian Cerosky
Contributing Writer

The race to the Democratic nomination is only just beginning with the end of the first major debate. The media was quick to declare a winner, as they almost unanimously picked former Secretary of State Hillary Clinton. It can be said she did very well, after all she has participated in countless debates over the course of her long political life. Clinton is also still considered the front runner on a national scale with 47% of the popular vote, but her support has been declining steadily all summer long.

Vermont Senator Bernie Sanders has been successful in launching a massive campaign against Clinton thus far, with him gaining 20% national popularity since he announced his presidential run back in April, with his national support holding strong at 25%. Sanders himself now leads in the polls of Iowa and New Hampshire, which is significant as no democratic nominee before has won a primary election without first polling popularly in these two states, with the exception of President Bill Clinton back in the democratic primary election of 1991. Despite not declaring a run for the oval office, Vice President Joe Biden currently holds at 17% popularity nation wide, although he has stated numerous times that he will not be running, as he is currently mourning the loss of his son Beau Biden, who died back in May of brain cancer. The other candidate, Governor of Maryland Martin O'Malley has less than 1% of the national vote. Both Jim Webb and Lincoln Chafee have announced they will drop out of the race after poll polling very poorly nationally as well as pulling disastrous debate performances.

Despite what the media claims about Clinton's apparent victory over the other Democratic hopefuls, the polls tell a different tale. Sanders nationally saw his popularity rise 5% post debate, and the vast majority of online polls declared Sanders to be the winner. Clinton's popularity in most polls wavered and it fell in others, suggesting that perhaps the media is biased when it comes to what the will of the people truly is. In fact, Clinton's 7th largest donor is Time Warner Cable, the corporate owners of CNN and NBC, with them contributing more than $500,000 in campaign funds thus far. Clinton's biggest donors by far are firms on Wall Street, contributing upwards of $4 million to the Clinton campaign. This directly contrasts with Sanders' campaign, with most of his donations coming from everyday citizens. Following the debate, Sanders' raised over $1.4 million from small donors of less than $200 with an average contribution totaling $31.54, an amazing feat coming from any candidate. In addition to this, Sanders' has gained much support from workers unions, with over $1 million coming from them thus far.

What this means is there is an evident corporate bias towards Clinton, and it can be evidently seen even without looking at the numbers. Sanders up until the debate had little to no screen time on major networks compared to Clinton, and was hardly ever mentioned despite his massive surge over the summer which continues to grow. The Democratic National Committee (DNC) itself is biased towards Clinton for their decision to limit the number of debates down to 6, a number that is hilariously low compared to the number of debates in the 2008 primary election; 25. This actually would not mean much if it wasn't for the fact that the DNC is barring candidates from participating in non-sanctioned debates, which are debates not sponsored by the DNC and have open attendance. This ploy is set up to protect Clinton, since she is clearly the one to beat. This is evidenced by her polling numbers and other candidates have much less time to be aggressive and attack Clinton to drive down her support. Francis Orlando, Instructor of Political Science, had very similar things to say in regards to Clinton's support.

"Hillary has control over the people that make the rules. She does a successful job at intimidating via support," said Orlando.

This is not what the will of the people looks like. Clinton has the most likely chance of winning the nomination, but only because the majority of Americans are not politically involved and do not bother with the details. They soak up what they hear from the media and believe before they think. They do not look at voting records. They do not look at top donors. They do not dig deep into the issues plaguing our nation. They do not analyze polling data, and horrifically, most do not even vote. The will of the people is dead as long as there is an evident media bias towards just one candidate, because the media is what the vast majority of American people listen to. Only one candidate is talking about such a level of corruption, and it surely is not Clinton or O'Malley. It is Bernie Sanders.

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Haunted Marmion

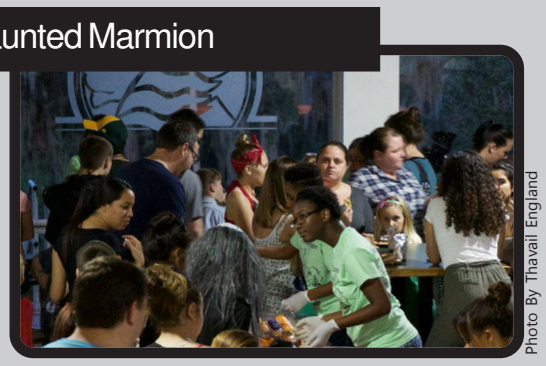

Photo By Thavail England

On Oct. 29, the University hosted its annual Haunted Marmion event. Students, staff, faculty, and members of the local community were invited to attend and be spooked. Young children were able to Trick-or-Treat to their hearts content as well.

Van Rides

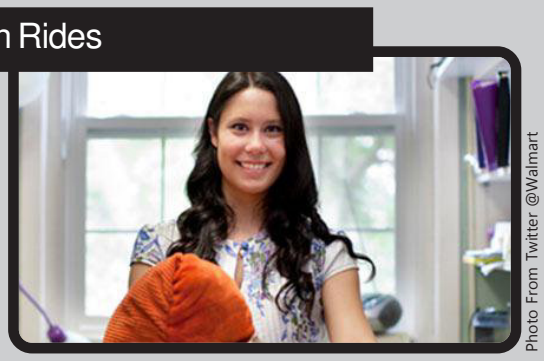

Photo From Twitter @Walmart

Need a lift to the closest Walmart, Target, or mall? You don't have to worry if you run out of your favorite snack or shampoo because the University has you covered with van rides.

AFROTC

Photo By Corina Remiller

After being inactive for seven years at the University, the Air Force Reserve Officer's Training Corps (AFROTC) reopens alongside the current Army ROTC.

Newsroom

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Campus News

Blithe Spirit: Nor In Death Do We Part

By Craig Graves
Worldly Educator

During the evenings of Oct. 30, 31, and Nov. 1, the Saint Leo Theater department was performing Noel Coward's play, *Blithe Spirit*, with direction from the new Dramaturgy professor Dr. Alicia Corts.

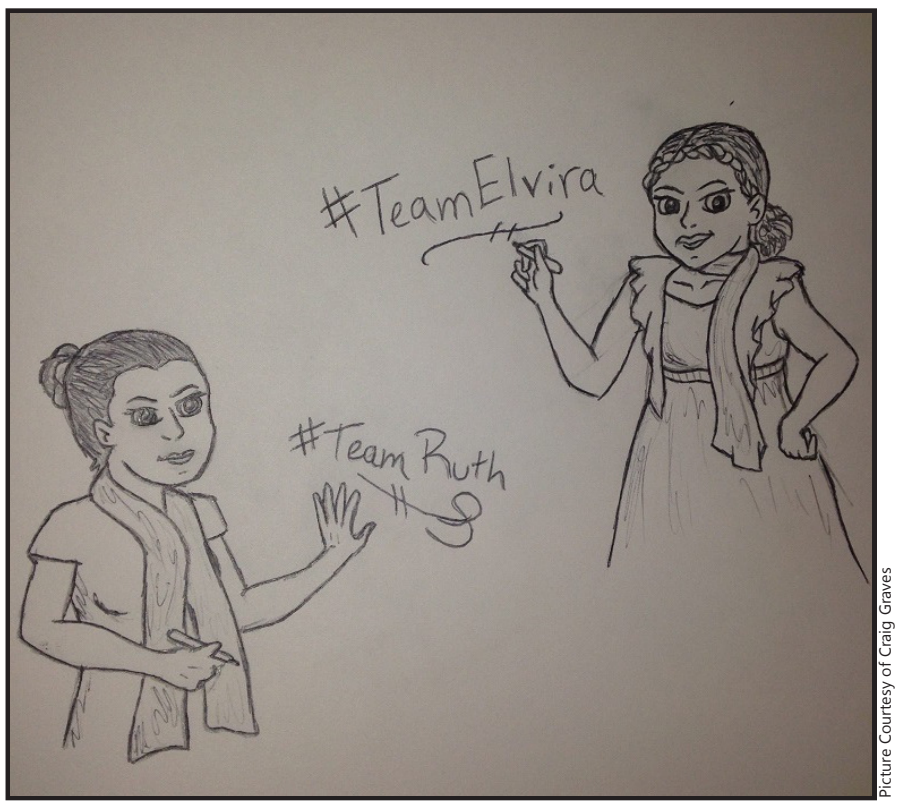
Written during World War II, *Blithe Spirit* follows the strained marriage of Charles and Ruth Condomine (played by Lois Martinez and Rosemary Luycx, respectively) after they welcome the eccentric medium, Madame Arcati (Kaitlyn McWilliams), into their home for a research-driven seance. Though he had only intended the seance to show him the 'tricks of the trade' for charlatan psychics and mediums for his writing, Charles did not think that the seance would actually bring his first wife, Elvira (Kathryn Davis), back from the 'other side' to haunt him and his home.

Similarly to past productions like *The Serpent* in Spring 2013 and *Everyman* in Spring 2014, *Blithe Spirit* was performed outside. Unlike these past plays, this one was shown on the pavilion between the Music and the Campus Security and Safety buildings. The audience was set out in a semi-circle around the set, which limited the seating compared to the productions usually held in Selby Auditorium. Thanks to this limited seating, people had to reserve a place to sit for possibly the first time in years.

The students did an amazing job with this production. They delivered their lines clearly and with good emotion, managing to be heard over the blaring radios of passing vehicles and the echo of the wind blowing through the concrete pillars of the pavilion. Even characters who were not on stage as often as Charles, Ruth, or Elvira were portrayed vibrantly to display their personalities. Samuel Stokes effortlessly showed the rigid skepticism of Dr. Bradman, Rebecca VanOrskie easily portrayed Mrs. Bradman's supportive nature, and Charizma Dunphy flawlessly breathed life into Edith's bias towards Charles.

Despite the minimal set, the illusion of being in the Condomine sitting room was easily imaginable and believable. The set never once felt stark or barren; something was always taking place and the room was constantly being filled with bright humor and ectoplasmic antics. The one-room set was anything but small or cramped as the simple movement of furniture created a dynamic area for the events of the play to unfold.

Though there were a few setbacks and a mistake or two, the show went on and the actors persevered. A few bumps in the road could not upset their theatrical wagon.



Picture Courtesy of Craig Graves

Some observant wanderers around campus might have noticed a few tags written on the sidewalks advertising for the fall play.

There are two more performances in the works from the Saint Leo Theater. The Acting and Directing Showcase with be held Dec. 3 at 7:00 pm in TECO Hall. The Spring play will be Agatha Christie's *A Murder is Announced* and will be shown April 1-3 and again on April 8-10 at 7:00 pm. As of yet, no location has been given for this production.

Poet Performs Show on Self-Love

By Allison Cobb
Contributing Writer

Slam poet Carlos Andres Gomez returns to Saint Leo University to perform his hard hitting poems on diversity, identity, and love. A comedic character who engaged with the students and had a personal and charismatic delivery of his pieces, Gomez hit it off with his audience.

The evening event took place on Oct. 26th in the SCC Boardrooms, and started off with opening pieces from Freshman Ruben Miller and Sophomore Milynthia Ford representing the slam poetry club here at Saint Leo University. Following them was Gomez, who started off with a story about his grandmother. He asked for stories from the audience themselves and was an upbeat, energetic, and fun performer.

After Gomez's small introduction to his poem, titled *Hallelujah*, he started off his first piece that recounted memory by memory of his grandmother. The poem left the audience waiting for more.

"Carlos was a really good poet who put his experiences into his poetry while keeping it clean," said Freshman English major, Michael Goodeaux.

The night continued on with poem after poem recounting experiences of self-love and realizations. One of Gomez's most relatable poems was *Love Poem To My Younger Self.* He emphasizes that we all cringe at our middle school years, yet that time in our lives is not one to be cringed at but looked at as a time of growth.

Photo Courtesy of Allison Cobb

Carlos Gómez wrote a memoir titled *Man Up* about what it means to be a man.

"The show was definitely thought provoking," said Freshman Travis Farmer.

Throughout the night, Gomez hit topics such as stereotyping and having your identity disregarded. He recounted some of his personal experiences while engaging with the audience about theirs as well. Near the end, Gomez gave away a free book called *Man Up.* The book, written by Gomez, is a memoir about what it means to be a man, and the gender stereotypes surrounding it.

Closing out the show, slam poet Carlos Andres Gomez took photos with his audience and sold copies of his book *Man Up,* as well as left students with his website, carloslive.com. His performance was one that has been at Saint Leo before, and will likely be welcomed back again.

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- COM 333 Web Design and Information Resources
- ART 226 Beginning Photography

Health

Don't get Stressed about Stress

By Erin Gaylord
Online Operations Editor

Stress can cause long-term health and mental complications if it is not dealt with. Although many people encounter stress daily, too much stress can be a serious problem.

According to Dr. Teresa Dadez, the Director of Health Services on campus, stress can lower the immune system and prolong illnesses. Too much stress causes the body to stop normal functions causing someone to be more vulnerable to illness due to a low immune system. Dr. Dadez went on to say that too much stress could lead to very serious damage such as weakening bone strength.

Most people deal with stress on a day-to-day basis; some have learned how to deal with it while others are overrun by it and are at risk of some long-term health complications.

Physically, stress can also effect levels of estrogen and testosterone said Dr. Dadez. According to UC Berkeley News, stress increases cortisol that hinders gonadotropin releasing hormone (GnRH) which in turn reduces sperm count and ovulation.

Mentally, stress typically causes anxiety disorders and or depression. Anxiety disorders are the leading reason why students seek help at counseling services said Lawson Jolly, the Director of Counseling Services.

According to Jolly, stress is from a mental health perspective "a perceived threat to a need"; "more commonly, people just think of stress as feeling overwhelmed, or tense, or challenged." Stress can be caused by a multitude of things; a few of the most common are deadlines, finances, and relationship problems.

Symptoms of stress include changes in sleeping habits, increased anger, frustration, and irritability according to ULifeline.

Dr. Dadez and Jolly agree that a little bit of stress is good. Finding and maintaining the right amount of stress is healthy for the body and can help motivate people to attain higher goals.

Picture from Twitter @Forbes

It is important to have a balanced routine to help eliminate stress.

"You have to find something that's very good for you that helps you bring the stress down," said Dr. Dadez. This could include listening to music, going to the beach, volunteering and helping others. "Rest is extremely therapeutic," said Dr. Dadez "you have to find something that's very good for you." Every person is different and handles stress differently.

"Everybody has their own way," said Jolly. Some things that may help are counseling, exercise, yoga, or spiritual support.

Animals have proven to help relax and destress. On Oct 5 there was a spa day as well as therapy dogs on campus to help students destress; Counseling Services helped to put on this event in celebration of World Mental Health Day on Oct 10.

According to Jolly, counseling services had 332 students come in for help last year. That is 23% of the residential student body, and in a typical four-year span, half of the student body seeks help from counseling services.

A Minute on the Lips, Forever on the Hips

By Rebecca Maldonado
Contributing Writer

Obesity has become a rising concern in recent years. It affects anyone with poor dietary habits and a lack of physical exercise. Overweightness and obesity can cause many future health complications, which is why it is important to learn how to take care of oneself.

So then what constitutes as obese or overweight? Both of these terms refer to when one's body weight greatly outnumbers one's height. This is referred to as the body mass index or BMI. You can find a simple equation to calculate your BMI and what weight you should be at or you can google the chart that tells you. Either way, knowing your BMI and what parameters your body in particular should be in is a great tool in keeping track of your health.

Some of the health complications that arise from poor health due to obesity are coronary heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers according to nutrition.gov.

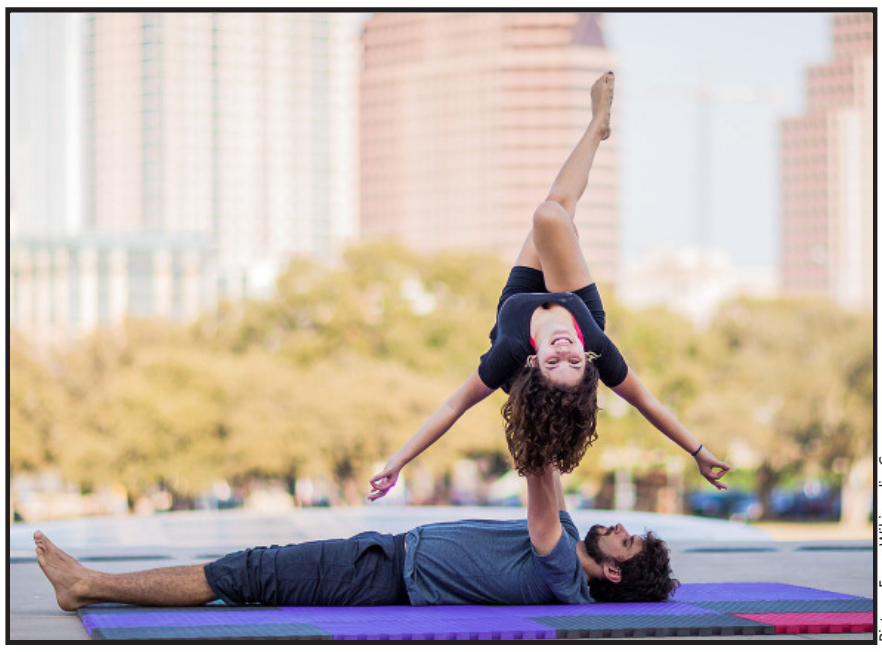
There are many other factors to weight as opposed to just poor dietary habits. Family history, environment, genetics and metabolism. Despite the fact that you can't change some things like genetics, other factors such as eating habits and lifestyle choices can be changed.

The damages of obesity are not only physical but mental as well.

"People can lose self-esteem, isolate themselves, and even face depression," says Patti Dempsey, the school's licensed practical nurse.

The older we get, the more we are held responsible for our choices – whatever they may be. No one is going to tell you not to eat the extra slice of pizza or the last piece of chocolate cake. Being able to set healthy standards for yourself as you grow is critical for a healthy life. Sometimes having a partner or including your family in your quest for health is a great way to make sure you have a support system. Making healthier food choices, controlling portion size, being active, and reducing screen time are some of the suggestions on nutrition.gov.

"Reduce screen time. Limit the use of TVs, computers, DVDs, and videogames because they limit time for physical activity. Health experts recommend 2 hours or less a day of screen time that's not work or homework related," says



Picture From Wikimedia Commons

Yoga is just one of the many methods to relieve stress and keep physically active. For those who don't enjoy running or weightlifting, there are many different alternatives to maintain an active lifestyle.

nutrition.gov. This can be the most difficult for students who get most of their entertainment online.

Stressful times, such as midterms and finals, can cause overeating. However, prevention isn't impossible and comes in a few different ways.

"Getting lots of sleep and making sure you manage your time right is really important. Meal preparation can be a great way to make sure you don't end up overeating, too. Because students are always on-the-go, it's so easy to just grab a bag of chips or a candy bar. Keeping healthier snacks around can be a major help when trying to avoid stress eating," says senior student worker Mary Grace Salinas.

Maintaining a healthy lifestyle can be difficult, especially when everyone lives such busy lives. However, making a small conscious effort to make healthy choices can have a greater positive effect in one's life overall.

Campus News

New Pottery Instructer Brings a New Edge

By Allison Cobb
Contributing Writer

Photo By Allison Cobb

Professor Lewis is very involved with her students in helping them create their pieces, always willing to provide help or advice.

Big plans and bigger ideas are in the works for the Saint Leo Languages & the Arts department. A brand new pottery class has formed on campus, with Professor Jane Murray Lewis as the instructor for a class that will hopefully grow as more students become aware of it.

In her entry level course, students learn the basics of ceramics with methods such as pinch, coil, and slab. They also journal after every class to create reflection pieces as a way for self-assessment about their work, how they felt about their work, and the challenges they faced.

Lola Manley, a senior enrolled in the pottery class, says that she jumped on the chance for an artsy class near the end of the day to help her release stress and relax.

The importance of fine arts is stressed by Lewis, as it provides students with an outlet for creativity, stress, and comradery.

"When students have an outlet of some kind, like art, they not only do better in their academics but are more well-rounded individuals," said Lewis.

Students with a range of experience come through her doors. However, all of them are interested in the art. She is also speaking with the Language & the Arts Chair about possibly putting on a show so that the students may showcase their work.

Lewis grew up around art her entire life. She is originally from Pennsylvania, but grew up in Plant City, Florida. Her mom was a painter, Lewis married a sculptor, and she has been involved with arts since a young age.

"I'm a professional painter. I've done work for Walt Disney World, UNICEF, McGraw Hill Publishing, and different corporations," said Lewis.

She has won over 200 awards of mixed media and silk paintings, including the American Craft Council Emerging Talent. She has also won first place in the Gasparilla Art Festival in Tampa, and first place in the National Illustrators Card Competition.

Lewis also has work in the White House, and paintings published in several places such as Parade Magazine.

Thank you Veterans!

On the eleventh minute of the eleventh hour of the eleventh day,
we will stop and remember your pain and pride,
your tears and laughter, your trumiphs and sacrifices.

Arts & Entertainment

Bringing Life to a Complicated Genre

By Jonah Robertson
Editor-in-Chief
Editorials

Australian Progressive Metal band Caligula's Horse have been making quite a stir in the Progressive Music community, with many fans comparing them with Prog icons such as Dream Theater. With their third studio release, *Bloom*, they have done more than ever before to deserve that praise. Between the album's exceptional production, phenomenal writing, and all-around musical polish, listeners would be hard pressed to find a single fault in its 44 minute runtime.

Bloom is Caligula's Horse at their most refined. The composition is tight, melodious and beautiful. Even in the heavier tracks on the album, the music is relaxing, lacking many of the harsh elements people expect when they think of Heavy Metal. This album makes an excellent introduction to the Progressive genres, as it never gets self-indulgent or overbearing, as Prog music often does.

It is incredibly difficult to pick out any standout tracks on *Bloom*, because every single track is so phenomenally crafted and executed. To specify one song as better than any others would be an injustice, and an insult to the band's fantastic compositions.

The song "Bloom" begins the album as a beautifully haunting ballad, primarily featuring vocalist Jim Grey's soaring vocals. Near the end of the track it gets a bit heavier, but it is by far the softest song on the album. Featuring mildly distorted guitars, and long, drawn out notes, the instrumentals are soothing and set the stage for a beautiful album.

The first single released, "Marigold," marks a rather substantial shift in tone, as the instrumentals become much heavier. Grey's vocals shift in tone from soothing to aggressive, though his singing is, as always, soaring and unique. The instrumentals in the song are primarily driven by the guitar, which is primarily composed of heavy riffing, though there is a very impressive solo later in the song, showing off lead guitarist Sam Vallen's shredding abilities. The drumming, while not incredibly complex, provides a driving rhythm that fills out the song's sound.

"Firelight" is the album's second single, and shifts back to the music style of the title track. It is soft, could even be considered "poppy" by some, and once again showcases Grey's lovely vocal performances. However, unlike "Bloom," the instrumentals actually direct the latter half of the song. Vallen's technical guitar playing is highlighted in another impressive guitar solo, but bassist Dave Couper is the true star in this track. The bass line is incredibly groovy, and his play is both tight and very technical, both supporting the rest of the band, and standing out on its own.

The fourth song on the album, "Dragonfly," is the longest track on the album, clocking in at almost nine and a half minutes. This is one of the few songs on the album where Grey's powerful vocals are almost overpowered by the guitar, as much of the song is filled with crunchy guitar riffs that should send chills down the spine of any Metal fans that give it a listen. The drums are both crisp and quite fast, providing an ample backdrop for Vallen to exhibit his mastery of the guitar. Although Grey's vocals are not the driving force behind the song, he does show off some serious singing chops, and hits some of his highest notes in the entire album.

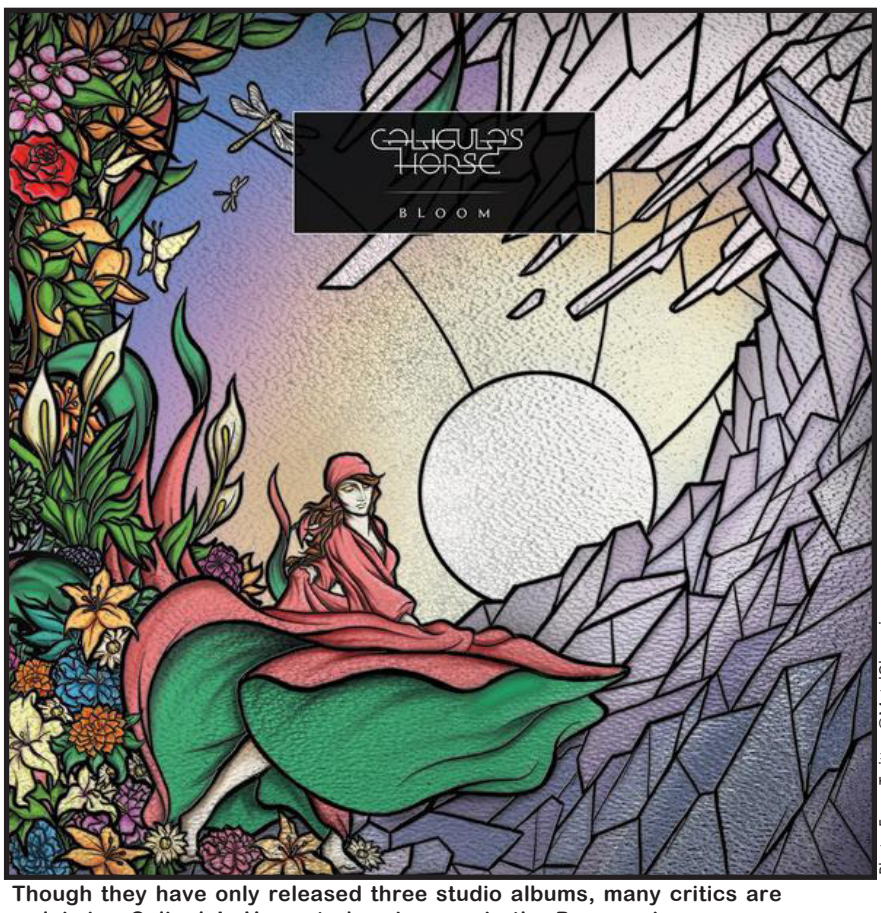


Photo From Twitter @MetalObsession

Though they have only released three studio albums, many critics are acclaiming Caligula's Horse to be pioneers in the Progressive genres.

"Rust" is the heaviest song on the album, and features some of the most impressive guitar work. It is primarily composed of guitar shredding, both in and out of solos, but it is also one of the only songs on the album to feature a technique called djent. Djent is a particular sound that can be made on the guitar, characterized by low notes and palm muting, and was originally popularized by Extreme Metal band Meshuggah. Grey's vocals are dark and aggressive, conveying intense anger, but never losing their melodious quality. The drums are punchy and driving, providing a lead for the band to follow.

Following "Rust," "Turntail" is not nearly as heavy, but provides a very melodic groove for listeners to enjoy. Grey jumps right into energetic and flowy vocals, which are paired by some particularly funky guitar playing by Vallen. The drumming is poppy and upbeat, and pairs exceptionally well with Vallen's grooves. This song has a fantastic energy to it, especially considering it is near the end of the album, and it make the listeners want to get up out of their seat and dance alongside it.

"Daughter of the Mountain" is the second longest track on the album, clocking in at just under eight minutes, and features some particularly grungy guitar playing by Vallen. The riffs are quite groovy, and work to highlight the ethereal nature of Grey's vocals in this particular track. His voice is almost haunting during portions of this track, and the juxtaposition between this and the grungy guitar riffs makes an interesting and unique sound. The song's chorus marks a stylistic change, as the riffs and haunting singing give way to melodic and spacy guitar and poppy vocals, presenting an intriguing tonal shift in the track.

The album ends on "Undergrowth," a short acoustic track, composed entirely of Grey's vocals and an acoustic guitar in the background. This song is a somber, but beautiful end to a fantastic album, and Grey really shows off his vocal range and control.

Bloom is a masterfully crafted album by an exceptional band. Caligula's Horse has shown that they are not just a one-hit wonder, and that they plan to keep making beautiful and enjoyable music for years to come. I would wholeheartedly give this album a rating of 5/5.

Photo From Twitter @BluntMag

They might just look like any other metal band, but Caligula's Horse deal with intense emotional material that many bands tend to avoid.

Arts & Entertainment

A Wonderful Mixture of Old and New

By Jonah Robertson
Editor-in-Chief
Editorials

Photo From Twitter @MetalHammer

With eight studio albums now under their belts, Coheed and Cambria are considered one of the leading Prog bands in the current musical world.

Progressive rock band Coheed and Cambria have released quite a few albums in their 20 year existence. Their most recent album, *The Color Before the Sun*, marks an interesting shift in style. While the band has always appealed to mainstream audiences due to their pop-rock influences, they have also kept the technicality and complexity that is often found in the progressive genres. However, with their most recent album marking their eighth studio release, they appear to have thrown technicality to the wayside in favor of immensely polished rock music.

The Color Before the Sun is many things, but it is absolutely not a progressive album. Much of the song construction is quite basic, and none of the songs break many musical conventions. For some fans of the band, this might be a deal breaker, but if listeners are willing to look past the relative simplicity of the music, they will find an incredibly enjoyable, catchy, and fun album. This album marks Coheed's first non-concept album, and instead of telling a story with the lyrics, lead singer Claudio Sanchez writes some intriguing lyrics dealing with various social issues, such as bullying in "You Got Spirit, Kid" and separated families in "Atlas."

Some particularly fantastic tracks on this album are "Island," "Here to Mars," "Atlas," and "The Audience." Every single track on the album is quite enjoyable, but these four in particular packed a special punch.

"Island" is the very first song on the album, and it opens as a soothing and catchy pop ballad. The instrumentals are enjoyable enough, with the guitar, bass and drums all providing enjoyable melodies, but Sanchez's vocals are what really steal the show with this track. The same can be said about "Here to Mars," the second single to be released off the album. While once again the instrumentals are enjoyable, Sanchez's vocals soar over them in this wonderful love song. While less "poppy" than "Island," this track still showcases the general style of the album.

The same cannot be said for the other two standout tracks. Both "Atlas" and "The Audience" break the general pop-rock stylings of the rest of the album, each in a specific way.

"Atlas" was originally released on YouTube in 2014 as an acoustic track, but the version of the song featured on the album involves the entire band, and they do a fantastic job turning an already great song into an even greater one. This song features the most technical instrumentals on the album, with Sanchez's vocals and guitar taking the forefront, but the bass holding its own. This six minute long masterpiece will warm the hearts of listeners, as Sanchez sings about missing his son while he's away from home.

"The Audience" is the heaviest track on the album, coming very close to being a heavy metal song, and is a rather large break in style from the rest of the album. While some listeners might be taken aback by how greatly the style changes, this track is absolutely fantastic. Featuring driving guitar riffs, a particularly groovy bassline and a very intense vocal performance, this track will be a favorite of any of fans of heavier music.

While it is clearly a departure from the rest of Coheed and Cambria's work, *The Color Before the Sun* is still a fantastic album, and should be given a listen, even by those who do not enjoy the rest of the band's work. Perhaps this album will change their mind. One thing is for sure, the band is still going strong after twenty years. Overall, this album earns a rating of 4/5.

Check out our "College Days" archive at www.pride-online.net

Sports

Men's Soccer Captures Regular Season Crown

By Matt Vandenburgh
Sports Editor

Saint Leo University's Men's Soccer team earned the out-right Sunshine State Conference regular season title with their 1-1 draw against Barry University on Oct. 31. This is the team's first regular season title since 2013, and their third overall.

This gives the Lions the number one seed in the conference tournament. As there are only six teams in the tournament they also earned a bye, allowing them an extra three days of rest and practice before taking on the winner of the 4-5 game.

The University will host both the semifinals and the finals. The Lions will compete against either Lynn University or Eckerd University at 6 pm on Nov. 6, with the winner of that game playing in the conference finals at 3:30 pm on Nov. 8, which will be televised on ESPN 3.

Photo From Twitter @SaintLeoLions

The Lions will seek to take their third regular season conference title and turn it into their second conference tournament victory.

Photo From Twitter @2DSSC

The Lions expect to run away with the South Regional.

Scores This Week

M Soccer

10/26: L 3-1 @ Stetson

10/29: W 4-2 Vs Eckerd

10/31: T 1-1 2OT Vs. Barry

W Soccer

10/29: L 1-0 OT @ Nova Southeastern

M Swimming

10/31: W 176-77 @ Rollins

W Swimming

10/31: W 167-93 @ Rollins

W Volleyball

10/27: L 3-1 @ #5 Tampa

10/30: L 3-1 Vs #14 Palm Beach Atlantic

10/31: W 3-2 Vs Barry

Correction

Last week's article was originally intended to be titled "Back to Back SSC Champs!" and was written by Rafal Matuszczak. We apologize for the mistake.

Saint Leo Hosts 2015 South Regional

By Rafal Matuszczak
Contributing Writer

For the first time in their history Saint Leo University will host the NCAA Division II Cross Country South Region Championship, on Nov. 7. The event will take place at The Abbey Golf Course across State Route 52. Both Men and Women Cross Country teams from four states will compete in the races.

After successful Sunshine State Conference Championships, Saint Leo University's Men and Women cross country teams will have their most important races of the season on Nov. 7th. The Lions will compete the 2015 NCAA Division II Cross Country South Region Championship.

Unlike most of the races during the season, the Men will run a distance of 10K instead of 8, while the Women will run 6K as usually.

The championships are very important for both teams because not only do they determine the best cross country teams in the South Region, but the top three teams qualify for the national championships as well.

All the qualified teams will take part in the NCAA Division II Cross Country National Championships on Nov. 21st in Joplin, Mo. The competition will be hosted by the Missouri Sothern State University.

Based on the ranking, both of the teams are likely to qualify for the national championships and compete in Joplin on Nov.21st. However, the Lions, especially the Women, need to maintain the positions that they currently have in the ranking.

Currently, both of the teams are ranked among the top three in the South Region, according to the ranking of U.S. Track & Field and Cross Country Coaches Association. While the Men's team holds the first spot on the list, the Women are third.

The teams as well as their coaches are looking forward to the races, and they will do their best to punch their tickets to the national championships.

"I am expecting that our teams will be racing for the school's first regional title, and that we will go to nationals" said Kent Reiber, the head coach of both Men and Women cross country teams at Saint Leo University.

Nevertheless, the task is not easy, and there are many other teams that will try to win the regional title and qualify for the national meet. "We are expecting 18 women's teams and 16 men's teams. That will total around 120 athletes on each side" said Reiber.

Apparently, the other teams that are also ranked among the top three might be the most difficult to defeat. When asked for the teams that in his opinions might challenge the Lions the most, Reiber said: "On the men's side Lee University and Nova, on the women's side Lee, West Alabama, Tampa, and Union".

If the Men manage to qualify for the national championships, it will be their third consecutive appearance at the meet. After finishing second last year, they will try to become regional champions this year.

If the Women finish the competition among the top three as well, it will be their second consecutive qualification.

The Women will start their competition at 9 am. The Men will begin after the Women, at 10:15 am.

We will have the results next week..